



Kensington Presbyterian Church

## Olympic Success

July 25, 2021

**WELCOME**, during these times of physical isolation we are putting out these worship services that you can do at home.<sup>1</sup> This doesn't mean you have to do them alone. You can invite those who live with you, or connect with others through the phone or computer, or even in small groups outside.

If you have any prayer requests, ideas, or just want to talk, please reach out to your elder or Rev. Peter (Peter@Kensingtonchurch.ca).

### Announcements

**blue text:** if you are reading this on a computer you can click or tap any blue text to open up the link.

**Book Study:** *The Liturgy of the Ordinary* will return September 1<sup>st</sup>.  
Making Sensory Blankets: The St. Andrew's Homes Foundation is looking for volunteers to make sensory blankets. They give people with limited movement something interesting to explore. Fabric is provided. If you are curious, call Tracy at 514-916-7626.

**Prayer Group:** Wed. at 11:30 a.m.

Weather permitting, we will try both Zoom and meeting in the courtyard at Benny Farm.

[us02web.zoom.us/j/78266904325?](https://us02web.zoom.us/j/78266904325?pwd=dkhMck1ZRxBK2VsaHRlOFF1UT09)

[pwd=dkhMck1ZRxBK2VsaHRlOFF1UT09](https://us02web.zoom.us/j/78266904325?pwd=dkhMck1ZRxBK2VsaHRlOFF1UT09)

or phone: 438-809-7799

Meeting ID: 782 6690 4325

Passcode: 7864826

**Re-opening:** Session is currently making sure everything is well planned to keep people safe for re-opening in September.

<sup>1</sup> note: that the footnotes are not as thorough as an academic paper.



Eric Liddell winning the 400m finals at the 1924 Paris Olympic Games  
[news.yahoo.com/harold-abrahams-eric-liddell-legends-behind-film-chariots-fire-003619413.html](https://news.yahoo.com/harold-abrahams-eric-liddell-legends-behind-film-chariots-fire-003619413.html)

### Contacts

Church Office: 514-486-4559.....info@Kensingtonchurch.ca  
Rev. Peter Rombeek (pastor).....Peter@Kensingtonchurch.ca  
Antoinette (families).....Antoinette@Kensingtonchurch.ca



## Approaching God



Lighting of the Christ Candle  
Jésus Chris est la lumière du monde.  
Jesus Christ is the light of the world.



Call to worship (from Revelation 15:3-4, NIV)

Great and marvelous are your deeds,  
Lord God Almighty!

**Just and true are your ways,  
King of the ages.**

Who will not respect you, O Lord,  
and bring glory to your name?

**For you alone are holy.**

**All nations will come and worship you!**

♪ Hymn: Praise Him, Praise Him.....pg 9 (372)

[www.youtube.com/watch?v=WZ\\_VDnw0-eo](http://www.youtube.com/watch?v=WZ_VDnw0-eo)  
[www.youtube.com/watch?v=nyxy3bYVnN4](http://www.youtube.com/watch?v=nyxy3bYVnN4) (rock version)



Grandmother and I - Gunnarsdóttir



## Prayer of Approach

We come before you for so many reasons.

We come with wonder at the world you've created. Within this ongoing season of excellence in athletics, we are seeing people do amazing things with the bodies and spirits that you gave them. It is a wonder that reactions are so fast, that muscles can be so strong, that the spirits can endure so much. The way you created each of us is amazing.

We come before you because we need help to reach our potential, and it is a wonder that with so much in the universe, you still continue to work with each of us. You come alongside us like a coach: with vision, training ideas, and encouragement. You come alongside us like an experienced team-mate: leading us along the best route... and even chasing us when we take a wrong turn.

We come before you because there are times when we have done wrong. When we have put ourselves before this global team, or damaged the course for those who are coming along behind us. There times when we think it's about us having the strength or wisdom to do it.

We are sorry; help us.

...

We come before you because you do not give up on us. You will always cheer, guide, and support us. Through you we can climb to new heights, see things we never thought of, feel your wind (your Spirit) blow us forward.

And so we come before you to strengthen our relationships.

In you name we pray: Father, Son & Holy Spirit - Holy and one.  
Amen.

 Lord's prayer (feel free to use another version/translation)  
Jesus left us a prayer to guide us into a healthier relations with God and each other. Let us join with the larger church, saying...

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done, on earth as it is in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
Amen.**



### *Listening to God*

♪ Hymn: Take time to be holy.....pg 10 (638)  
<https://www.youtube.com/watch?v=rFApbg-wcmE> or  
<https://www.youtube.com/watch?v=LexoOrUhBNc>

 Prayer for Illumination  
God, our helper,  
by your Holy Spirit open our minds  
and lead us into your truth  
for the sake of Jesus Christ, our Lord.  
Amen.<sup>2</sup>



2 Worship Sourcebook 3.1.14

-  Intro to the readings
- four readings today.
  - start with a continuation of Paul's advice to the church in Corinth. Last week he talked about not letting how he lives get in the way of somebody hearing the hope of God. Now he offers an analogy of how hard to work.
  - highlights from Daniel. Leading up to this Daniel has done very well in the Babylonian government. It looks like he's going to be promoted to head administrator... but not everyone likes him.
  - The passage from Luke (and in Mark & Matthew) is tucked inside a story about an important official asking Jesus to come and heal his daughter. The crowds are excited to see this.
  - The psalm might be one athletes can relate to... and you as well.

 Reading: Please look up the passages in your own Bible,<sup>3</sup> or click on the name to be taken to an online version.

[1 Corinthians 9: 24-27](#)

[Daniel 6: 6-7, 9-11, 16-23...](#) or all of it

[Luke 8: 42b-48](#)

[Psalm 30](#)

 Sermon: When the door is opened  
Dear Lord, please bless these words  
and the meditations of our hearts.<sup>4</sup> Amen.

For those who like watching sports, this is an exciting season. There was the Canadiens building to a Stanley Cup challenge, the Euros (and Copa cup), and now the Olympics. And the start

3 If you'd like a new Bible with helpful notes, I recommend the 'Life with God Bible' NRSV from Renovaré. ISBN 0061834963

or for the more academically inclined, The New Oxford Study Bible NRSV

4 Psalm 19:14

of the Olympics ties in remarkably well to the next part of Paul's letter to the church in Corinth - the famous race analogy.

Paul encourages us to 'run the race' to win - like the athletes at the Olympics. And like them, he tells us to be disciplined in looking after ourselves and our training. How do we practice? ... with Christian practices. What's a Christian practice? It's something that Christians have done and find helps them walk with God. The two most obvious are praying and reading the Bible. Others that are less talked about include: community & hospitality, seeking justice, listening, using your gifts to help others (yes, financial, but also skills/talents & opportunities), reflecting on life, fasting (not just for Jews and Muslims), and sharing our stories.<sup>5</sup> These are all practices or training techniques that have been well tested. They will help you 'run the race' to win.

They're not a promise to keep you out of trouble. Which makes sense. They don't take you out of the race; they help you practice for it. Sometimes, like in the case of Daniel, they might even land you in it. If he hadn't had the practice of praying to God then he wouldn't have been thrown to the lions... of course, he also wouldn't have had the strength, endurance and wisdom to run the course his life took.



Are you a runner? I'm not, but I can relate to something runners say, especially marathoners. There comes a point when

5 Here's one collection on articles if you'd like to explore this more [www.crcna.org/FaithPracticesProject](http://www.crcna.org/FaithPracticesProject)

you feel like you can't go on, but if you push through it you find you can - and it's exhilarating. In this case I don't think it works with our analogy. Daniel didn't push through and survive the lions because of his strength and determination. He did it because he practised living in God's story - through prayer, and living by God's standards. (Such as an earlier story about him and his friends only eating what God wanted them to, and that he was uncorruptible.) His following God may have led him into the lions den, but God also led him out again.

The writer of the Psalm had a similar experience. They sing, "*I will exalt you for you lifted me out.*" We don't know out of what, but it doesn't sound like it was good. There's also the implication that things aren't going so well at the moment. "*Hear, O LORD, and be merciful.*" But just because things aren't going so well, the writer doesn't lose faith. They practice remembering and reflecting on their life. They sing, "*You turned my wailing into dancing.*" They don't lean on their own strength, but use their practice of reflection to lean on God's strength. They trust God to lead them up again.

One of the new events at the Olympics is rock climbing (technically: sport climbing). It's about going up. I think this makes a better analogy than running because there's no set route - like life. No one has a map of their life journey. In Sport Climbing the competitor doesn't see the other's attempts, or even the climbing wall until they



are to climb it. They have to decide the best route and go for it.

Imagine the advantage of being able to follow someone who knows the best route for you? That's one of the great things about following Jesus. He has climbed wall. He knows both you and the wall and how you can climb it. This is who Paul turns to when he tells the Corinthians (and us) not to "run aimlessly."

Unfortunately, like running, the climbing analogy also doesn't go all the way either, because Jesus doesn't mind if you reach out and grab his coat-tails. While that's not possible in climbing, it is in cycling. There's a technique called drafting. Not only does the person in front lead you along the route, but it takes you less effort. Drafting behind Jesus takes effort, but less than if you're breaking your own way.



Where the cycling analogy breaks down is that God will actually give you strength. Think of the woman who reaches out to touch Jesus' tassels.<sup>6</sup> She stretches towards God with the faith that Jesus can heal her - and it happens. Her life doesn't go back to what it was before she was sick, but she now has peace and is able to continue her life/journey/race. She is healed.

And so, while we may not be Olympic athletes, Paul reminds us that we are in a race - one that's different than running or climbing or cycling. Like for those races we need good practices, but unlike them we can follow Jesus in the best route, and reach out to find the Holy Spirit inside us - giving us strength, endurance and wisdom. This race that we're all in is also different

from the Olympics in that this is a race we can all win.

To God be all the glory  
Amen.



## Responding to God

♪ Hymn: Fight the good fight.....pg 10 (690)  
[www.youtube.com/watch?v=GTkk9pMSkwM](http://www.youtube.com/watch?v=GTkk9pMSkwM)

☞ FaithTalk: These are some questions for you to discuss with somebody... or many somebodies. Do what you feel safe (and practice stretching a little).

Memories: What sports do you like to watch or play? What were some memorable occasions?

Wonder: Would other analogies could you come up with to explain this idea of a race, our role and God's actions - other sports or not sport related?

Values: Looking over the list of Christian practices in the sermon, which ones to you find helpful? Are there practices you've found helpful that aren't in the list? What is something you could add to your life this week? (possibly just more of one of them - such as David praying three times a day, or Muslims praying 5 times a day)

## ✦ Spirit Sighting

This week I'd like to share a new book that may help you see the Spirit more around you. The idea for it comes from Carmina Gadelica, a collection of Gaelic prayers gathered in the late 19<sup>th</sup> century. The are rooted in the everydayness of life. This new collection is from the Iona Community and called *We bring you*

6 he is a good Jewish boy after all

everything, and tip it out in front of you.<sup>7</sup> It contains prayers of thanksgiving, prayers for the depaneur, for refugees, relationships with others and with God - prayers responding to the world everyday around us.

Here are some small examples...

*Computer/smartphone prayer*

As I connect with others  
bring me closer to you  
and further from all that seeks to harm.

*Prayer for starting an engine*

As I start this engine  
may I not start without you.  
Guard me, guide me  
and fuel all my endeavours.

*A prayer for when I can't pray (4)*

I can't pray today.  
So there it is!  
Maybe just saying that  
is better than nothing.  
Eh?  
Well...  
Amen.

*Daily walk (You can substitute 'work' for 'walk' and 'us' for 'me')*

God, thank you for bringing me to this new day.  
Help me to walk at your pace,



to meet you in others,  
to receive what you offer,  
and to rest in your love.

Amen.

✦ Offering

Financially, we have set up a donation option on **our website**.

Just click the '[Donate Now](#)' button, and then the pretty button. It gives you various options that are easy to follow.

You can now donate through **interac e-transfer**. Our name is [Kensington Presbyterian Church](#) and the e-mail address is [info@kensingtonchurch.ca](mailto:info@kensingtonchurch.ca).

Mailing a cheque or signing up for Pre-Authorized Remittance (PAR) are also good options.



Praise the Lord - M. Moyers

<sup>7</sup> You can find it in print or download here [www.ionabooks.com/product/we-bring-you-everything-and-tip-it-out-in-front-of-you/](http://www.ionabooks.com/product/we-bring-you-everything-and-tip-it-out-in-front-of-you/) or through your favourite bookseller with the ISBN 9781849525480

 Prayers of the people

Gracious God,  
we pray for the land, the sea, the sky—  
for your whole creation, which longs for relationships to be  
made right.

We pray that we may live with respect for your creation  
and use your gifts with reverence . . .

Lord, in your mercy,  
**hear our prayer.**

We pray for the people of the world.  
for all in need because of fires, floods, or drought,  
that they may know the hope of your faithfulness  
through the help of others . . .

Lord, in your mercy,  
**hear our prayer.**

We pray for the peoples and leaders of the nations,  
that they may build healthy relationships for all. . .

We pray for our leaders here in Canada as they face issues of  
racism, violence from partners, the environment, dept and  
financial needs. . .

Lord, in your mercy,  
**hear our prayer.**

We pray for the faithful all over the world,  
that all who love you may be united in your service.

We pray for the leaders here at Kensington that help us to join  
your work. We pray for the Session, Rev. Peter, Antoinette,  
Sandra, and all the volunteers that help us to continue  
reaching for you.

We also pray for the music director you are preparing for us to

find.  
Lord, in your mercy,  
**hear our prayer.**

We pray for all who suffer the pain of sickness:  
physical, mental and spiritual.

We pray that those whose names are in our hearts,  
or known to you alone,  
may receive strength and courage . . .

Lord, in your mercy,  
**hear our prayer.**

God of compassion,  
we place all these people and situations into your hands,  
trusting in your mercy now and forever.

**Amen.**<sup>8</sup>

♪ Hymn: Follow me the master said.....pg 11 (645)  
[www.youtube.com/watch?v=yDc5SJoX-DQ](http://www.youtube.com/watch?v=yDc5SJoX-DQ)

 Benediction

*May the God of hope  
fill you with all joy and peace in believing,  
so that you may overflow with hope  
through the Holy Spirit.*

*Amen.*<sup>9</sup>



8 heavily adapted from *Worship Sourcebook* 4.4.18

9 Romans 15: 13

## Food Assistance Provides Comfort During Difficult Times

In Afghanistan, Razia and her four children lost their home when they could no longer afford to pay rent. Abandoned by her husband and left with few prospects to earn an income due to the COVID-19 pandemic, Razia and her children sought refuge in a spare room at the local mosque. Razia's son did small jobs to earn money, but it wasn't enough to sustain the family. Fortunately, the family was selected to be recipients of a food assistance project run by Community World Service Asia, a partner of Presbyterian World Service & Development. Monthly cash transfers were provided to 1,100 vulnerable families, including many who had returned to Afghanistan from Iran. "We were blessed as the cash helped us to purchase essential groceries. I have also bought warm clothing for my children so the winters will be warm and comfortable," Razia said.



### DAILY PRAYERS

**Sunday, July 25** We pray for people in Afghanistan whose livelihoods have been disrupted by COVID-19 and give thanks for the food assistance they've received through Presbyterian World Service & Development partners during these difficult times.

**Monday, July 26** We give thanks for God's faithfulness and rejoice with the Presbyterian Church of Nigeria as it celebrates its 175th anniversary.

**Tuesday, July 27** We pray that our African church sisters will be able to come together for the triennial Tumekutana conference for African women in Cameroon in 2022.

**Wednesday, July 28** We pray for congregations as they discern who to call into positions of leadership.

**Thursday, July 29** We pray for churches in the neighbourhoods where we live, and for growing relationships between denominations and church communities.

**Friday, July 30 (World Day Against Trafficking in Persons)** We pray for all victims and survivors of human trafficking, and we give thanks for those who work diligently to end all forms of human trafficking.

**Saturday, July 31** We pray for the people, ministries and mission of the Presbytery of Western Han-Ca.

## Daniel



- |              |         |         |          |
|--------------|---------|---------|----------|
| ABEDNEGO     | END     | LIES    | SAINTS   |
| ANGEL        | EYES    | LIFE    | SEA      |
| ARMY         | FINGERS | LINEN   | SHADRACH |
| BANK         | FURNACE | LIONS   | SILVER   |
| BEAR         | GABRIEL | MENE    | SINS     |
| BELTESHAZZAR | GOLD    | MESHACH | SLEW     |
| BOOKS        | GRASS   | MICHAEL | SMELL    |
| BRASS        | HEART   | OBHEY   | TEKEL    |
| CLAY         | HIMSELF | PERES   | THREE    |
| CURSE        | HORNS   | PRAYED  | TREE     |
| CYRUS        | IMAGE   | RAM     | UPHARSIN |
| DARK         | IRON    | ROOTS   | WALL     |
| DEN          | KNEELED | RULE    | WINGS    |
| DREAMS       |         |         | WROTE    |

Copyright 2005 John R. Potter John's Word Search Puzzles  
<http://www.thepotters.com/puzzles.html>

Praise him, praise him,  
Jesus our blessed Redeemer

G C G

1. Praise him, praise him, Je - sus, our bless - ed Re - deem - er!  
2. Praise him, praise him, Je - sus, our bless - ed Re - deem - er!  
3. Praise him, praise him, Je - sus, our bless - ed Re - deem - er!

G/B Em A7 D

Sing, O earth, his won - der - ful love pro - claim!  
For our sins he suf - ered and bled and died;  
Heaven - ly por - tals loud with ho - san - nas ring!

G C G

Hail him, hail him, high - est arch - an - gels in glo - ry;  
he, our Rock, our hope of e - ter - nal sal - va - tion,  
Je - sus Sav - iour, reign - eth for - ev - er and ev - er;

G/B C Am G/D D7 G

strength and hon - our give to his ho - ly name!  
hail him, hail him! Je - sus the Cru - ci - fied.  
crown him, crown him, Pro - phet and Priest and King!

D G/D D 7 G/D D7 G/D D

Like a shep - herd, Je - sus will guard his chil - dren;  
Sound his prais - es! Je - sus who bore our sor - rows,  
Christ is com - ing, o - ver the world vic - to - rious;

G A7 D

in his arms he car - ries them all day long.  
love un - bound - ed, won - der - ful, deep and strong.  
power and glo - ry un - to the Lord be - long.

Refrain G C

Praise him, praise him! Tell of his ex - cel - lent

G G7/B C G/D D G

great - ness; praise him, praise him, ev - er in joy - ful song!

Words: Fanny J. Crosby (1820-1915) Music: Chester G. Allen (1838-1878) Words: public domain Music: public domain

## Take time to be holy

TAKE TIME TO BE HOLY 11 11 11 11

1. Take time to be ho - ly; speak oft with thy Lord.  
 2. Take time to be ho - ly; the world rush-es on;  
 3. Take time to be ho - ly; let him be thy guide,  
 4. Take time to be ho - ly; be calm in thy soul,

A - bide in him al - ways, and feed on his word.  
 spend much time in se - cret with Je - sus a - lone.  
 and run not be - fore him, what - ev - er be - tide.  
 each thought and each mo - tive be - neath his con - trol.

Make friends of God's chil - dren; help those who are weak,  
 By look - ing to Je - sus, like him thou shalt be;  
 In joy or in sor - row, still fol - low thy Lord,  
 Thus led by his Spir - it to four-tains of love,

for - get - ting in noth - ing his bless - ing to seek.  
 thy friends in thy con - duct his like - ness shall see.  
 and, look - ing to Je - sus, still trust in his word.  
 thou soon shalt be fit - ted for serv - ice a - bove.

Words: W. D. Longstaff (1822-1894) Music: George C. Stebbins (1846-1945)

Words: public domain Music: public domain

Rev. Peter KomDeek  
for Kensington Presbyterian Church

## Fight the good fight

PENTECOST 8 8 8 8 LM

1. Fight the good fight with all your might; Christ is your  
 2. Run the straight race through God's good grace; lift up your  
 3. Cast care a - side; lean on your guide; his bound-less  
 4. Faint not nor fear, those arms are near, and, chang-ing

strength and Christ your right; lay hold on life, and  
 eyes and seek God's face; the way of life be -  
 mer - cy will pro - vide; trust, and your trust - ing  
 not, still hold you dear; hope and be - lieve, and

it shall be your joy and crown e - ter - nal - ly.  
 fore you lies; Christ is the path and Christ the prize.  
 soul shall prove Christ is its life and Christ its love.  
 you shall find Christ is your all: heart, strength and mind.

Words: John Samuel Bewley Monsell (1811-1875), alt Music: William Boyd (1847-1928)

Words: public domain Music: public domain

## Follow me, the Master said

FOLLOW ME 76767776

D G/D D A7/C# D D/A A

1. "Fol - low me," the Mas - ter said;
2. Should the world and sin op - pose, we will fol - low Je - sus.
3. Though the way may dark ap - pear,
4. Ev - er keep that end in view;

D G/D D A7/C# D /F# A7 D

By his word and Spir - it led,  
 He is great - er than our foes; we will fol - low Je - sus.  
 He will make our path - way clear;  
 All his prom - is - es are true;

D/F# A7/E D A D/F# Em7 A7 D /F# A

Still for us he lives to plead, at the throne will in - ter - cede,  
 On his prom - ise we de - pend; he will hear us and de - fend,  
 In our dai - ly round of care, as we plead with God in prayer,  
 When this earth - ly course is run, and the Mas - ter says, "Well done!"

D G /B D A7/C# D /F# A7 D

of - fers help in time of need;  
 help and keep us to the end; we will fol - low Je - sus.  
 with the cross which we must bear,  
 life e - ter - nal we have won;

Words: anonymous, alt Music: anonymous

Words: public domain Music: public domain



Chariots of Fire 1981